



BARRACUDA BULLETIN

SCM Records Fall in Patriot Games

By Jim Butler

The Barracudas continued their string of consecutive meets with club records being broken last September. I do not know how long that streak is but know there has been at least one club record set in every meet since I joined the club two years ago! And with Elfie swimming every competition with an open record book in front of her, that streak will continue for a long time!

Elfie established five more team records in the Patriot games proving the Masters Motto, Swimming for Life, is more than just a slogan! But she was not alone in the records chase. Andrei Karyukin will no doubt be surprised to find his name entering the record books but there it is in the official results, a new 100 IM record! Gary Wallis, on the other hand is a very familiar name in the Barracuda records files and he has added two more to his long collection.

Let the good times roll!

Women 85 – 89		
50 Free	1:39.77	Elfie Stevenin, 09/06
50 Back	1:41.92	Elfie Stevenin, 09/06
50 Breast	2:30.25	Elfie Stevenin, 09/06
50 Fly	2:11.81	Elfie Stevenin, 09/06
100IM	4:18.45	Elfie Stevenin, 09/06
Men 40 – 44		
100 IM	1:16.21	Andrei Karyukin, 9/06
Men 50 – 54		
50 back	39.75	Gary Wallis, 09/06
50 breast	39.18	Gary Wallis, 09/06

THB December – January Birthdays

December 3	Jim Teischer, 57
December 4	John Collins, 55
December 8	Kristi Panayotoff, 58
December 7	Jim Butler, 54
December 17	Jon Schieltz, 68
January 3	Laura Champion, 26
January 7	Becky Kjelstrom, 55
January 23	Joe Wyatt, 57
January 25	James Scheidt, 46
January 30	Nancy Radcliff, 67

10K Birthday!

By Jim Butler

Let's see. What would be the perfect way to spend my 54th birthday on 12/7/2006?

- Take the day off
- Sleep in
- Play some golf
- Spend time with wife and son
- Go out to a nice dinner
- Maybe catch a family movie

So what actually happened?

- got up at 4:30 AM
- Swam 3K workout with the team then added 4 X 500 to reach 5K
- Went out for breakfast with wife
- Went to work for couple of hours to handle emergencies
- Went back to pool for stress relief. Sarah provided 3.5K of very good stress relief
- Went back to work to wrap up emergency
- Took care of several tasks preparing for Thunderbolt International Meet
- Home to take son to swim practice. Oops. Son not going to swim practice because does not feel well.
- Ready for dinner? Nope. Wife studying for a big test on Saturday. Son doing all homework so does not have to worry about it during weekend swim meet.
- Go back to pool to check on swim meet preparations.
- Hop in pool for easy 3 X 500 to wrap up the day
- Go home and eat, and eat, and eat.
- Pass out. Have to be at International Swim meet at 7:30 AM tomorrow.

So there it is. 10,000 yards in one day on year 54. A lifetime best. But why? I hear doing something you have never done on each birthday helps keep you young. Also, being December seventh, honoring those who had to swim for their lives through oily burning water and survived 65 years ago seemed a more healthy alternative to my past practice of honoring those who died by going out and getting bombed.

December 3, 2006 MAC Meet Results**Sitter, Darby, 63**

1st 50 SCM Freestyle 1:00.86
 2nd 50 SCM Backstroke 1:19.04
 2nd 50 SCM Breaststroke 1:25.71
 2nd 100 SCM Breaststroke 2:55.40
 2nd 50 SCM Butterfly 1:10.00

Stevenin, Elfie, 85

1st 100 SCM Freestyle 4:04.17
 1st 800 SCM Freestyle 34:37.06
 1st 100 SCM Backstroke 3:51.21
 1st 100 SCM Butterfly 6:13.75
 1st 200 SCM IM 9:51.94

Cleary, Kevin, 23

1st 25 SCM Freestyle 13.86
 1st 50 SCM Freestyle 28.76

Ramsey, Ed, 501st 800 SCM Freestyle 11:40.21**Wyatt, Joe, 56**1st 50 SCM Freestyle 32.621st 50 SCM Butterfly 34.72***Meet Our New Coach***

by Jon Schieltz



Christen Green

Christen Green is our new coach coaching our Monday, Tuesday, and Thursday evening sessions and Tuesday and Thursday noon sessions. Christen is replacing Sarah, who has left to attend nursing school at Regis College in Denver, CO.

Christen was born and lived in a small town outside of Moose Jaw, Saskatchewan. While recovering from mononucleosis at the age of 7, she sought out a low impact form of exercise, which turned out to be swimming. Her dad had been swimming for fitness and helped Christen get started in swimming. She liked swimming enough to join an Age Group swim team and swam for the Moose Jaw Kinsmens Flying Fins.

At age 9 her family moved to Regina, Saskatchewan and Christen swam for the Regina Optimists Dolphins. At the age of 15 she was a Canadian National qualifier in the 100, 200, 400, 800 freestyle events. She swam 50 – 800 freestyle races with the 200 free being her best event. She went on to swim for the club and varsity swim teams at the University of Calgary. Christen enjoyed swimming for the competition rather than the practices. Several years later, she stopped swimming due to an illness.

At the age of 21 she moved to Tampa, FL to help out a friend of hers. As it turned out, the friend returned to Canada and Christen stayed in Tampa and found the love of her life. Christopher and Christen were married in February of 2004. In October of that year, Christopher's parents moved to Beaverton, OR and Christopher and Christen follow along shortly afterward to be close to Christopher's parents. Christopher works in the technical support service industry.

In Tampa, Christen attend University of South Florida to pursue a major in computer science; however, when she moved to Beaverton she changed her major to interior design and is attending the Art Institute of Portland.

Christen feels that her strength in coaching swimmers is to work on technique and she continues to push swimmers to improve their performance.

Big Thunderbolt News

19 Meet Records fell at the Paul Bergen Jr. International Championship 2006!

Boy it takes a lot of volunteers to put on two full sanctioned swim meets involving over 500 swimmers in one weekend in one pool! The Thunderbolts had a lot of people pulling double, triple even quadruple shifts to pull it off. A lot of first time volunteers stepped in and did a great job. Parents, friends and even some Barracuda families housed over 100 young international athletes for the weekend. A lot of people did multiple volunteer jobs. The Thunderbolt Senior Swimmers even filled most of the finals timing chairs all three nights after swimming in the Holiday Classic during the afternoon!

Was it worth it? Oh yes! This meet has become known as one of the best Junior International Meets in the world. Not just because of the great swimming but also because of how well it is run. But the great swimming is the bottom line and this year it was exceptional with 19 meet records falling with many of those times being in the top 25 in the world this year.

Two of the records fell to Thunderbolt Morgan Scroggy swimming a very fast 200m Backstroke in a time of 2:09.90 and in the 200m Freestyle in a time of 1:58.27! Morgan lead the team with exceptional swims qualifying for Summer Nationals in the 100Bk, 100fr, 200bk and 200fr. Also hitting her National Cut is teammate Mackenzie Luick in a beautiful swim of 2:31.47 in the 200 Breast placing 1st!

The Thunderbolts had 4 qualify for Spring Nationals. Jordan King 100 & 200 fly, Morgan Henderson Kunz 100 & 200 Free, along with M. Luick 100 & 200 breast and M. Scroggy 100 fly along with the events listed above. Quincy Lee qualified for SC Nationals in the 200 fly and Jr. Nationals in the 100 fly!

Overall, the Thunderbolts won 7 events, placed 2nd in 6 events and 3rd in 4 events! But the records were not the whole story for the Thunderbolts. A glimpse into the future was provided as four 13 year old young ladies earned finals swims in the tough competition. Taylor Scroggy, [Ashley Needham](#), Taylor Lakey, and Megan McCarroll. Great job Thunderbolts!

OR Paul Bergen Jr International Championships 08-Dec-06 to 10-Dec-06 SC Meters
Thunderbolt Finalists

Time	Event	Place	Time	Event	Place
			2:21.99S	Women Open 200 Fly	15
	Anderson, Brittany W (15) W		29.36S	Women Open 50 Fly	12
9:39.95S	Women Open 800 Free	23	1:03.77S	Women Open 100 Fly	9
	Briggs, Tristan M (16) M			Dawson, Whitney E (16) W	
31.57S	Men Open 50 Breast	16	2:10.28S	800 Free Relay Lead Off	---
2:27.91S	Men Open 200 Breast	13	59.95S	400 Free Relay Lead Off	---
1:09.35S	Men Open 100 Breast	14	9:22.26S	Women Open 800 Free	15
16:54.62S	Men Open 1500 Free	15		Deacon, Cody O (18) M	
	Burke, Carissa M (14) W		30.65S	Men Open 50 Breast	10
9:16.44S	Women Open 800 Free	13	2:24.47S	Men Open 200 Breast	8
	Canales, Rafael (18) M		55.16S	400 Free Relay Lead Off	---
4:37.09S	Men Open 400 IM	7	1:06.19S	Men Open 100 Breast	7
2:08.34S	Men Open 200 IM	10		Elliott, Megan I (15) W	
	Cruzan, Sarah (14) W		9:36.70S	Women Open 800 Free	22
1:05.03S	Women Open 100 Back	13		Farrar, Alex (16) W	
5:00.11S	Women Open 400 IM	10	2:19.84S	Women Open 200 Fly	11
2:22.59S	Women Open 200 IM	7	1:05.02S	Women Open 100 Back	12
1:06.52S	400 Medley Relay Lead Off		2:10.88S	800 Free Relay Lead Off	---
	Cyphers, Franny (18) W		1:01.60S	400 Free Relay Lead Off	---

30.33S	Women Open 50 Back	6	59.31S	400 Medley Relay Lead Off	
1:06.62S	400 Medley Relay Lead Off		McCarroll, Megan E (13) W		
Henderson-Kunz, Morgon G (16) M			34.93S	Women Open 50 Breast	13
50.65S	Men Open 100 Free	2	2:38.48S	Women Open 200 Breast	12
23.27S	Men Open 50 Free	3	1:15.85S	Women Open 100 Breast	15
1:50.41S	Men Open 200 Free	3	Needham, Ashley A (13) W		
Juarez, Zeus H (17) M			9:32.41S	Women Open 800 Free	21
30.36S	Men Open 50 Breast	5	Needham, Michelle M (16) W		
King, Jordan G (16) W			31.10S	Women Open 50 Back	10
2:15.04S	Women Open 200 Fly	1	Nixt, Jeli (17) W		
5:04.23S	Women Open 400 IM	8	33.51S	Women Open 50 Breast	4
28.92S	Women Open 50 Fly	9	1:14.04S	Women Open 100 Breast	7
1:02.06S	Women Open 100 Fly	2	Nunez, Carlos A (16) M		
2:21.94S	Women Open 200 IM	5	4:09.43S	Men Open 400 Free	16
Lakey, Taylor E (13) W			Rooker, Jon (15) M		
2:18.33S	Women Open 200 Fly	6	4:42.26S	Men Open 400 IM	16
29.66S	Women Open 50 Fly	15	55.88S	400 Free Relay Lead Off	---
1:03.97S	Women Open 100 Fly	11	1:01.76S	400 Medley Relay Lead Off	
Lee, Quincy E (18) M			Scroggy, Morgan L (18) W		
2:01.92S	Men Open 200 Fly	3	1:01.13S	Women Open 100 Back	2
1:56.37S	800 Free Relay Lead Off	---	55.07S	Women Open 100 Free	2
25.44S	Men Open 50 Fly	4	2:09.90S	Women Open 200 Back	1
55.50S	Men Open 100 Fly	5	4:15.19S	Women Open 400 Free	3
2:11.78S	Men Open 200 IM	14	1:58.27S	Women Open 200 Free	1
Lindstrom, Abby (14) W			1:01.97S	Women Open 100 Fly	1
2:07.11S	800 Free Relay Lead Off	---	1:01.16S	400 Medley Relay Lead Off	
9:29.45S	Women Open 800 Free	17	Scroggy, Taylor R (13) W		
Liu, Brendan F (15) M			29.10S	Women Open 50 Fly	10
1:01.20S	400 Medley Relay Lead Off		1:04.34S	Women Open 100 Fly	12
Luick, Mackenzie L (15) W			9:15.88S	Women Open 800 Free	12
33.33S	Women Open 50 Breast	2	Sharifnia, Elica B (16) W		
2:31.47S	Women Open 200 Breast	1	35.77S	Women Open 50 Breast	16
1:11.93S	Women Open 100 Breast	1	35.78S	Women Open 50 Breast	16
McCarroll, Connor M (15) M			Stocks, Brian P (14) M		
2:08.67S	Men Open 200 Fly	16	29.26S	Men Open 50 Back	16
58.54S	Men Open 100 Back	8	Viglione, ANDREW J (17) M		
1:57.38S	800 Free Relay Lead Off	---	29.12S	Men Open 50 Back	15
2:04.92S	Men Open 200 Back	4	Walker, Natalie M (17) W		
54.37S	400 Free Relay Lead Off	---	58.24S	400 Free Relay Lead Off	---
28.00S	Men Open 50 Back	12	2:24.24S	Women Open 200 IM	14

Complete meet results can be seen at:

http://www.thunderboltswimming.org/results/sc2006_07/pbjrint06.htm

Other Significant Thunderbolt News

Congratulations to Thunderbolt Coach Ben Swinehart OSI "Age Group Coach of the Year"! This is especially impressive as it was Ben's first full year of coaching at THSC. How did he manage it? Part of it has to be because Ben is originally from Oregon. He graduated from Whitworth College in 2000. During his time at Whitworth, Ben was a 4 year All-American and Team Captain of the swim team his Junior and Senior year. After College, Ben worked as Head Age Group Coach of the Puyallup Aquatic Club and then Head Site Coach when they merged with the South Sound Titans. In 2003, Ben moved to Orlando, FL. to work as Age Group Coach and Asst. Varsity Coach of Highlander Aquatics. And he also coached a Masters Swim club in Orlando, which we all know is his real secret to success!

Photos From The THB Holiday Brunch



Barbara and Brian Frid



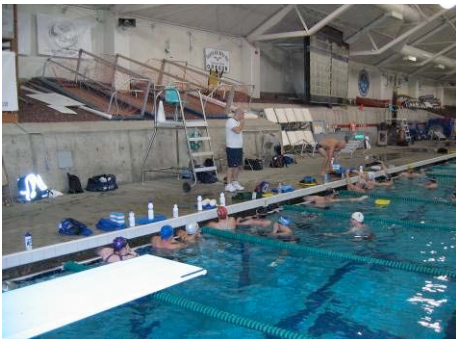
Joe Oakes, Brian Frid, Mark Becker



Jim Teisher, Liz and Jed Cronin



Marisa Frieder and Darby Sitter



Pre Brunch Morning Workout



Darlene Staley, Leslie and Bill Winton



Susan Albright, Julie Peterson
THB Social Committee C0-Chairs

February Fitness Challenge Kick-Off Pasta Party

Once again Jim and Jeanne Teisher will host the annual FFC Kick-Off Pasta Party on Saturday, January 27, beginning at 6:00 PM. There will be lots of spaghetti for meat lovers as well as vegetarians, salad, bread, dessert and beverage. All you need to bring is your appetite, your plans for this year's February Fitness Challenge and, if interested, a bottle or 2 of wine or beer to share. Come prepared to have a great time with fellow Barracudas and their significant other, who are also invited. This is one Barracuda event you don't want to miss.

The Teisher's home address and directions are:

7305 SW Hyland Court
Beaverton, OR 97008
(503) 574-4557

Directions from Hwy 217:

- Ⓜ Exit Denney
- Ⓜ Head **west** (away from Portland) on **Denney**
- Ⓜ At stop light, turn **left** on **Hall Blvd.**
- Ⓜ At stop light, turn **right** on **Hart**
- Ⓜ At stop sign, turn **right** on **Sorrento**, go _ of the way around island until you are back on Hart
- Ⓜ At stop sign, turn **left** on **Hyland Way**
- Ⓜ Turn **right** on **Hyland Court**, first street to the right
- Ⓜ Our house is at the end of the cul-de-sac

Directions from Hwy 26 (Sunset Hwy):

- Ⓜ Exit Murray
- Ⓜ Head **south** (past TV Hwy, Farmington, and Allen Blvd.) a few miles
- Ⓜ At **Hart**, turn **left** (there is a stop light)
- Ⓜ Go over a few speed bumps until you get to Hyland Way (at the top of a small hill)
- Ⓜ Turn **right** on **Hyland Way**
- Ⓜ Turn **right** on **Hyland Court**, first street to the right
- Ⓜ Our house is at the end of the cul-de-sac

Barracuda Logo Caps Available!



Price \$4.00 Each
Purchase from Membership Chair, James L. Butler

How to get yours!

At the pool: I will bring a supply of caps with me to my normal practices at noon and Saturday mornings. I will come to a couple of morning practices as well if swimmers there want me to.

NOTE: We can not exchange money on the pool deck. THPRD rules. So it is before or after practice only.

Order by mail: Send a check made out to James L. Butler for the number of caps you want plus \$2.00 for packaging and mailing. Make sure to include your mailing address!!

James L. Butler
4874 NW Skycrest PKWY
Portland, OR 97229

Friendly Reminder

If you have not already done so, please remember to send in your annual THB registration fee of \$25.00 (Families pay \$45.00). The fee is due January 1, 2007. We have included the form in the newsletter for your convenience.

Also, please don't forget to register with OMS. You can find the form on the OMS website at <http://www.swimoregon.org/forms/membership/or-regform.pdf>.

Thank you for registering on time.

Tualatin Hills Barracudas Swim Club
2007 Membership Application and Renewal Form
Good from November 1, 2006 through December 31, 2007

Please check one: New member Renewal

You would be willing to have your **name** and **phone** number placed on a roster that will be available to other members on request to the membership chair. Yes No

You want your newsletter by: email USPS

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Email address _____

Home phone _____ Work phone _____

Occupation _____

Birthdate _____ Age _____ Male _____ Female _____

Please check one: THPRD in-district THPRD out-of-district

Tualatin Hills Barracudas
15707 SW Walker Road
Beaverton, OR 97006

Masters Swimming since 1981

Pool Meets

January 20	Animal Meet, Canby OR
February 4	Chehelem Super Bowl Sunday Meet, Newberg, OR
March 18	Tualatin Hills Pentathlon
April 20-22	Association Meet, Bend, OR
May 17-20	USMS National Short Course, Federal Way, WA

Web resources

Tualatin Hills Barracudas <http://www.barracudas.org>
Oregon Masters Swimming <http://www.swimoregon.org>
United States Masters Swimming <http://www.usms.org>